



GRAHAK HITAY
GRAHAK SUKHAY



MEMBER OF
CONSUMERS
INTERNATIONAL



In-house publication by Asia's Biggest
Voluntary Consumer Welfare Organisation

1st January 2026 ▶ Year 3 ▶ Vol. 10

MUMBAI GRAHAK PANCHAYAT

E-Magazine

My Contribution in
Expanding Consumer Groups
and Membership

Adopting a Sustainable
Lifestyle

Discreet and Wise
Use of Social Media

Alertness in Financial
Transactions

Our New Year
Resolution:
Being a Conscious
Consumer is
a wise Option

2026

This is the 29th volume of our English e-magazine, through which we connect with our non-Marathi readers. This magazine contains translations of selected articles from our Marathi in-house magazine Grahak Tituka Melavava and reproduces some articles by MGP activists that have appeared in other publications.



New year resolutions

- Abhay Datar

A warm welcome in the new calendar year 2026. Time to make some resolutions, isn't it? Well, there cannot be any specific parameters as they differ from person to person, age to age, needs to needs. So, would suggest some, particularly in the financial category that one should observe, to avoid any complications in future. And most of them may be one time; just check –

- I will ensure that I have made proper nomination for all of my financial assets like bank accounts, investments (mutual funds, shares), insurance policies, post office savings schemes, employees / public provident fund, etc.
- I will prepare a proper record of all the above and will share with my spouse and children.
- I will maintain due date diary for all my investments wherever due date is applicable.
- I will review my accounts in various banks (if there are multiple accounts)



and will close those accounts which are lying idle without any transactions, to avoid any misappropriation by miscreants.

- I will check whether there are any unclaimed deposits or shares or

mutual fund units or insurance policies and if found, will take further action at the earliest.



All Encompassing Transition

- Vasundhara Deodhar

The month of January marks the beginning of the new Gregorian year and the festival of Makar Sankranti, celebrated across India under various names—Pongal, Bihu, Uttarayan, Lohri, Paush Sankranti, or Suggi-Habba in Karnataka. Despite the different names, the core essence is the same: welcoming a transition. The sun enters the Capricorn constellation, marking the Makar Sankraman. This transition signals the arrival of spring and guarantees a bountiful harvest and prosperity. This is why we celebrate with 'Hurda parties' and the abundance of 'Til-Gul'.

The dictionary meaning of Sankraman (transition) is progress, change, or advancement achieved through difficult times. We can truly say that the current era is one of transition. Whether it is the philosophy and methods behind manufacturing goods and services, sales techniques, or global transactions and events, the entire world is moving through various types of transitions, trying to find its way. It is as if a massive "churning" is underway.

This churning began about 350 years ago with the era of scientific discoveries. Having absorbed those transitions, new systems, transport networks, and lifestyles emerged and stabilized. Time moved forward. Then, with stealthy steps, came the communications revolution, followed by its next stage: Artificial Intelligence (AI). The tireless effort behind this scientific progress and the leap of human intelligence are both astounding to the common man, yet often beyond his full comprehension.

However, this transition did not happen as suddenly as it seems. It became all-pervasive gradually, and we, as consumers, succumbed to it step-by-step. There is no denying that many conveniences are available today because of it. But we must consider

whether the transition brought about by AI and certain "useful" products is truly a transition or an encroachment. This is the primary need of the new year.

Today, AI is being used for everything from agriculture and food to medicine. It summarizes long texts and even diagnoses diseases. Furthermore, AI has invaded the exclusive domains of literature, science, and art. This is giving rise to new problems. If a creative-looking work is generated via an application and sold in the market, shouldn't there be a transparent system to inform the average consumer?

It doesn't stop there. Now, glasses and goggles using AI are available—designed for spying! There are glasses in the market with a camera embedded in the nose bridge and a chip for storing photos, along with an on/off button, in the arms of the glasses. Consumers can even choose how powerful the camera and chip should be. High-quality photos and videos can be captured silently without anyone's knowledge. For which "spies" are these devices being made so easily available in the market? If misused, where should one seek justice? Every citizen should ask these questions, but as aware consumers, we must demand answers.

The proper use of any research that brings about a transition is expected and welcome. However, improper and irresponsible use means that the transition born of research turns into an encroachment. Consumers must raise their voices collectively to curb this. Systems and regulatory bodies must become capable enough to ensure that products pushed directly to consumers online—driven solely by sales figures—do not get a free rein.



MOFA Amendment: Not in the Interest of Consumers!

Amendment to MOFA Act to protect builders' exploitation

- Shirish V. Deshpande,
Chairman, MGP

Under the pretext of extending the 'Deemed Conveyance' facility (available to housing societies unable to undergo redevelopment due to lack of ownership transfer) to projects registered under MahaRERA, the Maharashtra Legislature has recently passed an amendment to the MOFA Act that grants immunity to builders who defraud homebuyers.

The Maharashtra Ownership Flats Act (MOFA) has been a crucial piece of legislation for decades, protecting the rights of homebuyers. It regulated developers and provided an effective tool for consumers to seek justice. Under Section 13 of the MOFA Act, there was a provision for 3 to 5 years of imprisonment if a builder financially defrauded a homebuyer. However, through this amendment, criminal action can no longer be taken under Section 13 of MOFA against any developer of a MahaRERA-registered project who defrauds homebuyers financially.

More shockingly, this amendment is being implemented retrospectively from May 1, 2017. Consequently, all financial crimes committed by developers of MahaRERA-registered projects to date have effectively been pardoned. Most outrageously, this amendment—which has far-reaching consequences and protects criminals—was passed in both houses of the Legislature without any discussion.

This MOFA amendment poses a serious threat to consumer interests. The main objections are as follows:

1. **Lack of Public Participation:** Public suggestions or objections were not invited for this bill. In a democracy, public participation is vital, but it was completely ignored in this amendment.
2. **MahaRERA Projects Exempt from MOFA Criminal Provisions:** Due to this amendment, criminal provisions of MOFA will no longer apply to projects registered under MahaRERA. Apart from a few exceptions like 'Deemed Conveyance,' homebuyers will no longer receive protection under MOFA.
3. **Exemption from Criminal Liability:** Criminal cases for offenses like fraud, financial malpractice, and breach of trust can no longer be filed against builders under MOFA Section 13. This weakens the protection of consumers' hard-earned money and gives builders a free hand to act arbitrarily.
4. **Retrospective Implementation:** The decision to apply this amendment from the backdate of May 1, 2017 (when RERA came into effect) means that builders who violated MOFA during this entire period and had cases filed against them will effectively receive a full pardon.

Adverse Impacts on Consumers:

- Increased insecurity in the housing sector.
- An effective tool for homebuyers to seek justice has been rendered powerless.
- Removing the deterrent of the law will encourage the cheating of consumers.

- Homebuyers' trust in the housing sector will be shaken.
- Loss of public faith in the democratic process.

Section 13 of MOFA was a powerful protective shield for homebuyers. By rendering it ineffective and applying it retrospectively, this amendment has severely harmed consumer interests.

Therefore, the Mumbai Grahak Panchayat has written to the Hon. Governor,

requesting that he return this controversial bill to the Legislature without signing it. The MGP demands that public opinion be sought first and that the bill only proceed after thorough discussion. They have also requested a personal meeting with the Governor.

The Mumbai Grahak Panchayat appeals to all consumer organizations to raise their voices collectively against this move. ♦

Multiple Organizations Unite for Consumer Justice

Over 5.74 lakh complaints are currently pending in consumer courts across the country, with more than 70,000 pending in Maharashtra alone. The immense delay in resolving these cases prompted consumer organizations to call for radical changes in the Consumer Protection Act and the functioning of the courts during a recent seminar in Mumbai. The seminar, organized by the Mumbai Grahak Panchayat (MGP), also saw participation from the Akhil Bharatiya Grahak Panchayat and Grahak Panchayat, Maharashtra.

Key Proposals and Demands:

1. Revision of Financial Jurisdiction: The organizations demanded a shift in the financial criteria for filing cases:
 - District Commission: Complaints involving compensation up to ₹ 5 Crores.
 - State Commission: Complaints between ₹ 5 Crores and ₹ 10 Crores.
 - National Commission: Complaints exceeding ₹ 10 Crores.
2. Excluding Commercial Insurance Claims: Currently, 24.59% of complaints in consumer courts pertain to the insurance sector. Most of these involve

commercial companies. Since corporate insurance claims are complex and involve large sums, they consume significant time, leading to delays for ordinary individual consumers. It was proposed that insurance-related complaints from the commercial sector be excluded from the ambit of the Consumer Protection Act.

3. Strict Control on Adjournments: Participants agreed that adjournments (next dates) should only be granted in exceptional circumstances.
 - No more than two adjournments should be allowed.
 - The party requesting a date must provide appropriate financial compensation to the opposing party, supported by strict legal provisions.
4. Mandatory Timelines for Complaint Redressal: To ensure speedy justice, the organizations demanded the following strict time limits:
 - Admission of complaint: 15 days.
 - Opposite party's response: 30 + 15 (extension) days.
 - Complainant's rejoinder: 15 days.
 - Written arguments & Final Judgment: Within 15 days after the hearing.

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A Glorious Decade of UN IGE on Consumer Protection: An MGP Creation

- Adv. Shirish V. Deshpande

Executive Chairman

December 22 is a significant day for us, falling just before National Consumer Day. Ten years ago, on December 22, 2015, the United Nations General Assembly unanimously passed a resolution making crucial amendments to the United Nations Guidelines for Consumer Protection (UNGCP), originally established in 1985.

A vital suggestion made by us was also accepted: the establishment of a permanent monitoring mechanism to ensure the effective implementation of these revised guidelines across UN member states. This mechanism is known as the Intergovernmental Group of Experts (IGE) on Consumer Protection. This concept originated from a proposal by Mumbai Grahak Panchayat (MGP) and stands as a lasting, valuable gift from MGP to consumers worldwide.

The Journey to Global Recognition

Getting our proposal included in the UN Guidelines was no easy feat. It involved three years of prolonged discussions and debates at the United Nations level from 2012 to 2015. Extensive advocacy was required, and we faced strong opposition from influential member states like the USA, UK, and Australia. However, we ultimately triumphed. I received immense support from my colleagues, Shubhada Chaukar and Varsha Raut, which made this success possible.

I recall that when the UNCTAD (United Nations Conference on Trade and Development) meeting unanimously decided to forward our IGE proposal to the

General Assembly, an American colleague asked, "What exactly will this IGE be?" The Director of UNCTAD declared at that moment: "This IGE will be a Jewel in the Crown of UNCTAD. It will be a Game Changer." Today, ten years later, everyone involved would agree that those words have come true.

MGP's Global Contributions

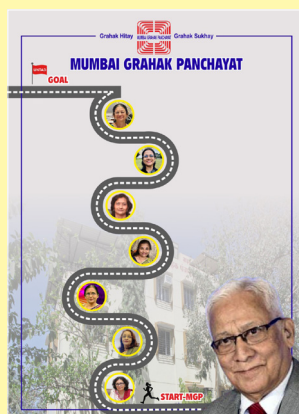
I am proud to share that over the past decade, MGP has participated actively in the annual UN IGE conferences. We have made significant contributions to various consumer interest topics, including:

- Global Online Dispute Resolution
- E-commerce
- Artificial Intelligence (AI)

A Collaborative Success

The support and invaluable contributions I received from my MGP colleagues throughout this decade-long journey are beyond formal words of thanks. My dedicated team included Shubhada Chaukar, Varsha Raut, Vasundhara Deodhar, Sharmila Ranade, Dr. Archana Sabnis, Adv. Pooja Joshi-Deshpande, and Anuradha Deshpande. I also wish to gratefully mention all MGP office bearers and executive committee members, whose complete trust in my team and me made this possible.

This unique global contribution by MGP is a matter of pride not only for us but for every Indian. We hope that our journey on the global stage continues with the same vigor in the years to come.



Australia's Bold Move for the Well-being of Children

- Neha Joshi

Since December 10, Australia has enforced a ban on social media usage for children under the age of 16. Australia has become the first country in the world to enact such a law and place the legal responsibility on tech companies to ensure compliance.

"This is a day when Australian families take back power from these big technology companies and assert the right of kids to be kids and parents to have greater peace of mind," declared Australian Prime Minister Anthony Albanese while announcing this significant government decision.

Under the Online Safety Amendment Act, effective December 10, Australia has banned children under 16 from using major social media platforms (including 10 giants like Facebook, Twitter, Instagram, Snapchat, X, and TikTok). Australia is the first nation to mandate that tech companies take full responsibility for enforcing these rules. Under this new law:

- Social media companies must deactivate accounts of users under 16 and prevent them from creating new ones.
- Companies failing to comply face

massive fines of up to 49.5 million Australian Dollars (approximately ₹290 crore).

While the world debates whether governments should ban social media or if parents should handle restrictions, Australia took action based on alarming data. A survey revealed that one in three children in Australia was found to be mentally imbalanced, and the e-Safety Commissioner received a surge in cyber-bullying complaints. Consequently, the government chose to push past the pressure of big tech companies to take this strict step.

Accounts for children under 16 were closed on December 10. Knowing this was coming, many children had already posted "Goodbye" messages on their profiles. While Australian thinkers agree the decision is right, they argue it isn't perfect. There are currently no restrictions on online gaming sites, AI chatbots, or Deepfakes. Experts believe that while children are being forcibly distanced from social media, it is more important to educate them on why. Force often triggers a "Spring Reaction" of heightened curiosity. Some children have already tried to bypass face verification using highlighters to appear older, proving the technology isn't fool proof yet. Many children feel as though "a part of them has been removed." For many, the mobile phone was their primary companion. This has led to feelings of isolation and questions about how to spend free time. There is a growing demand for the government to create policies in collaboration with parents.

Prime Minister Albanese urged children to stop "scrolling" and instead enjoy "offline" fun—playing sports, learning a musical instrument, or reading a good book.



Picture is AI ChatGPT generated

Outside Australia, Sweden and Norway also have strict rules regarding children's social media use. Norway has proposed raising the age of consent from 13 to 15. The European Union (EU) is also debating a ban for those under 16. Experts in these countries emphasize that while these rules focus on mental health and online safety, final laws require in-depth study and survey data.

In India, there is a ban on using children's personal data, but there are no concrete restrictions on their social media usage. Therefore, Indian parents, teachers, and caregivers should express their views and expectations from the government regarding online safety. Fortunately, India's strong

family structures mean the risk of loneliness is lower. Elders in families and neighbourhoods should consciously spend time with children, organizing activities like reading clubs, art workshops, games, and fairs to nurture their talents.

What rules, conditions, or restrictions do you think India should have regarding children's social media use? Mumbai Grahak Panchayat (MGP) has many teams—what can we do together at the grassroots level for our children? How can we ensure the healthy upbringing of the next generation?

Please send your feedback to: mpgptm40@gmail.com



Camps in Pune to Create Smart Young Consumers

- Kalpita Ranade

Secretary, Pune Distribution Committee

On the occasion of National Consumer Day (December 24th), the Pune Vitaran Vibhag took the initiative to restart the School Consumer Clubs in Pune to foster conscious consumerism. Seizing this opportunity, the center decided to organize consumer awareness camps for children in two schools. Two of the team leaders involved in the Pune distribution network are also active members of school management committees. They facilitated contact with the school principals, who agreed to hold the camps.

The camps were conducted on December 23, 2025, by Pune Distribution Committee members/volunteers Kalpita Ranade, Deepti Joshi, Shreya Sahasrabuddhe,



Wrapper reading explained to students of Anandkshan School

and Swati Oak, along with Neha Joshi from the Mumbai Shikshan Vibhag.

Schools that participated where: Pragati Vidyalay (Marathi Medium) on Sinhagad Road: 140 students from 6th to 9th grade and Anandkshan School in the Sun City area: 70 students from 6th to 9th grade.

Neha Joshi introduced the students to the definition of a 'consumer' and the history of Consumer Protection Laws. She explained how advertisements can be deceptive or misleading and introduced various certification marks like FSSAI, ISI



Volunteers with teachers of Pragati Vidyalay



Students attentively listening to 'Who is a Consumer?'

mark, Hallmark, and Agmark. Students were also shown how to use the BIS App. The students at both schools participated with great enthusiasm, asking many questions and seeking clarifications. Neha Joshi addressed all queries energetically. It was evident that the subject sparked genuine curiosity among

the children.

Teachers from both schools noted that the camps were excellent, and student feedback was overwhelmingly positive. Furthermore, the principals of both schools suggested that such classes should be conducted regularly starting next year. Overall, the experience of both camps was delightful. The volunteers of the Pune Distribution Committee have resolved to continue their efforts to ensure the next generation becomes conscious and alert consumers.

"Let's provide consumer education to students through fun and play and sow the seeds of conscious consumer principles today!"



Welcoming the New Year 2025-26

In the blink of an eye, the year 2025 has passed, and the golden rays of 2026 have begun to appear. The 'Panchayat Peths' of 2025 painted a wonderful picture of success. Now, we are welcoming the year 2026 with these same high-energy fairs. Everyone is eager to welcome the New Year with renewed energy, the celebration of shopping, and the immense enthusiasm of our volunteers.

The start of this New Year begins with the organization of the peth in Chembur. A total of five Panchayat Peths are scheduled—three in January and two in February. Of this "garland of five" (Panchfula), three peths are being organized at new locations for the very first time.

Pen, Boisar, and Ratnagiri will host these peths for the first time. These events are being organized with innovative products, new volunteers, and fresh ideas. Meanwhile, the experienced volunteers from Chembur and Pune have already begun working with great zeal to ensure their peths are a success.

Come along, friends! You must also lend a hand to this euphoria. Promote these

events widely and shop with joy. This is not just a transaction of buying and selling, nor is it a maze of false advertisements. Your contribution will be to visit in person and experience what it means to be an "informed" and "aware" consumer.

So, let's meet at the Panchayat Peth most convenient for you!



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Multiple Organizations ...

The seminar saw active participation from:

- Mumbai Grahak Panchayat: Adv. Shirish Deshpande (Chairman), Anita Khanolkar (Secretary), Anuradha Deshpande (Vice-Chairperson), and Adv. Pooja Joshi-Deshpande.
 - Akhil Bharatiya Grahak Panchayat: Suryakant Pathak (President), Vijay Sagar, and Veena Dixit.
- Grahak Panchayat, Maharashtra: Dr. Vijay Lad (President), Adv. Surendra Sonawane, and Arun Waghmare (Secretary). ♦

Grahak Panchayat Peth Schedule – 2025-26




No.	Dates	Location & Venue	Duration
1	3 January to 7 January 2026	Chembur, Mumbai Balvikas Sangh, Near Gandhi Maidan.	5 Days
2	8 January to 12 January 2026	Pune Harshal Hall, Karve Road, Kothrud.	5 Days
3	14 January to 18 January 2026	Pen City Maratha Samaj Bhavan, Chhatrapati Sambhaji Chowk, Ganpati Wadi.	5 Days
4	6 February to 10 February 2026	Boisar PDS's Hall, TAPS Colony, TAPS Post.	5 Days
5	13 February to 17 February 2026	Ratnagiri Maratha Bhavan Mangal Karyalaya, Near Zilla Parishad.	5 Days

ग्राहक पंचायत पेठ दालन तक्ता – बोईसर, रत्नागिरी

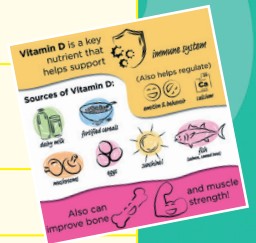
क्र.	स्टॉलचे नाव	वैशिष्ट्ये	बोईसर	रत्नागिरी
१.	दिनेह कलेक्शन	सिको, गढवाल पैठणी, कॉटन इ. ५/९ वार साड्या	✗	✓
२.	अथर्व कलेक्शन	जामदानी, कोरा सिल्क साड्या, रेडिमेड ब्लॉऊज	✗	✓
३.	वित्ताशी एंटरप्रायझेस	हॅण्ड ब्लॉक, अजरख प्रिंट साड्या	✗	✓
४.	सदाफुली	चंदेरी, सिल्क, हॅण्डब्लॉक, लिनन, इकत, खण	✓	✗
५.	सोलरॅप	इरकल, कॉटन सिल्क, संबलपुरी, कशिंदा वर्क साड्या	✓	✓
६.	श्वेता कलेक्शन	कॉटन, टसर (बाटीक प्रिंट), सारीज	✓	✗
७.	सिमरन कलेक्शन्स	प्लाझो सेट, डिझाईनर कॉटन, रेयॉन कुर्तीज	✓	✗
८.	मोहक क्रिएशन्स	फॅन्सी कुर्तीज, कलमकारी, इकत रेडिमेड कुर्तीज	✗	✓
९.	नारी बुटिक	शॉर्ट अँड लॉग कुर्तीज पुरुष व स्त्रियांसाठी शर्टस्	✗	✓
१०.	स्पर्श क्रिएशन्स	सर्व प्रकारच्या लखनवी कुर्ती, पटियाला, प्लाझो, दुपट्टे	✓	✗
११.	वल्लरी फॅशन डिझायनर	डेनिमचे स्त्रिया, पुरुष व मुलांसाठीचे कपडे	✓	✓
१२.	कायरा कलेक्शन	लेगिंग, जॅकेट्स, सिल्क कुर्तीज	✓	✗
१३.	मयुरा कलेक्शन	शॉर्ट टॉप, स्लिव्हलेस टॉप, वनपीस स्पॅगेटी	✗	✓
१४.	नील क्राफ्ट	शॉर्ट टॉप, कॉटन कुर्तीज	✓	✓
१५.	अनुराधाज् कलेक्शन	महेशवरी, प्युअर सिल्क, कॉटन ड्रेस मटेरिअल	✗	✓
१६.	रमा कलेक्शन	विविध प्रकारचे ड्रेस मटेरिअल	✓	✓
१७.	मायलेकी	बाटिक, जयपूर गाऊन्स	✓	✓
१८.	सजनी नाईटीज	विविध प्रकारचे गाऊन्स, नाईटी, हाफ गाऊन्स	✗	✓

१९.	पिपा क्रिएशन	फॅन्सी ब्लाऊज, स्कर्टस्	✓	✓
२०.	डी.टी. निटवेअर	बनियन्स, ट्रॅकसूट, टी शर्टस्, सॉक्स	✓	✓
२१.	भारतीय खादी सेंटर	लेंगे, झब्बे, शर्टस् पंचे, हातरुमाल, जॅकेटस्	✓	✓
२२.	अतरंगी टि शर्टस्	मराठी कॅलीग्राफिक टीशर्टस्	✓	✓
२३.	महाटेक्स	टॉवेल, सतरंज्या, दोहर, चादरी	✗	✓
२४.	आर.आर.क्रिएशन	सोलापुरी चादरी, जयपूरी दोहर, रजाई, दिवान सेट	✓	✓
२५.	ब्लॉक्स अँड बाटिक्स	ब्लॉक प्रिंट, बाटिक बेडशीट्स, कुशन कव्हर्स	✓	✗
२६.	पल्लवी कव्हर्स	सोफा, फ्रीज हँडल, टॉप, मिक्सर, साडी कव्हर्स	✓	✓
२७.	मल्हार क्रिएशन्स	बाळाचे कपडे, दुपटी, टोपी, लहान मुलांचे कपडे	✗	✓
२८.	विकास लेदर वर्क्स	लेदर पर्सस, पाऊच, लेदर जॅकेट, बेल्ट	✓	✓
२९.	उद्यमिता	महिला बचत गटांनी बनवलेल्या पर्सस, फोल्डर्स	✗	✓
३०.	शितल बॅगज	प्रवासी बॅगज, पर्सस	✓	✗
३१.	उर्जा गिफ्टस्	विविध प्रकारच्या फॅब्रिक बॅगज	✗	✓
३२.	ट्रॅडिशनल ऑनार्मेंटस्	इमिटेशन ज्वेलरी, आर्टिफिशल ज्वेलरी	✓	✓
३३.	श्री महालक्ष्मी आर्टस्	पारंपरिक व ऑण्टिक ज्वेलरी	✗	✓
३४.	फॅशन क्युरा ज्वेलरी	टेरा-कोटा ज्वेलरी, वुडन आणि फॅब्रिक ज्वेलरी	✓	✓
३५.	ब्लॉसम अँड इन्सेंस	परफ्यूम्स	✓	✓
३६.	अनुयोग इन्सेंस	विविध प्रकारची अत्तरे, सुगंधी अगरबत्ती	✗	✓
३७.	ज्ञासा ग्लास आर्टिफॅक्टस्	काचेचे दिवे, पूजा सेटस्, अत्तरदाणी	✗	✓
३८.	अखंडज्योत	टाळ, घंटी, झांज, पुजेचे साहित्य	✓	✓
३९.	कलात्मक	ज्यूटच्या विविध वस्तू, टी कोस्टर्स	✓	✗
४०.	नेचर्स वूड	सावंतवाडी स्पेशल लाकडी खेळणी	✓	✓
४१.	शीलाताई फूड प्रॉडक्टस्	लोणचे- ओली हळद, मोडमेथी, सरबत- कैरी, जॅम	✓	✓
४२.	हनीबंस	सर्व प्रकारचे मध	✗	✓
४३.	वंश गार्डन इनोव्हेटीव्हज्	फोल्डींग चटया, फोल्डींग वेताचे पडदे	✓	✓
४४.	श्री विनायक एंटरप्रायझेस	घरगुती सफाईचे विविध ब्रश	✓	✓
४५.	ओमकार मार्केटींग	हार्ड अँनोडाइज्ड किचन वेअर्स, (बिडाची) भांडी	✓	✓
४६.	गेबी क्लिनिंग	साफ सफाईची उत्पादने	✓	✓
४७.	विनय एंटरप्रायझेस	किचनमधील विविध गृहोपयोगी स्टॅण्डस् होल्डर	✓	✓
४८.	महालक्ष्मी एंटरप्रायझेस	किचन वेअर्स	✗	✓
४९.	स्पायका होम अँड हायजिन	विविध प्रकारची स्वच्छके	✓	✗
५०.	एस.के.एंटरप्रायझेस	विविध प्रकारचे फर्निचर्स	✗	✓
५१.	माथेरान चप्पल (राजू मोरे)	पादत्राणे (माथेरान स्पेशल)	✗	✓

EAT RIGHT QUIZ

1.	Bakery products (cakes, biscuits, pizza-base) are an invisible source of .								
	A)	sodium	B)	sugar	C)	saturated fat	D)	All of the above	
2.	Which is the best way to consume vitamin C rich fruits (Amla, Guava) to retain most of their nutrients?								
	A)	Fried	B)	Raw	C)	Steamed	D)	Boiled	
3.	Why is it important to avoid cross contamination in the kitchen?								
	A)	To prevent the spread of bacteria, so that it remains healthy							
	B)	To improve the taste of food							
	C)	To reduce cooking time							
	D)	To save on cleaning supplies							
4.	Selection of Healthy food eating starts with.								
	A)	Reading food product and company name before buying							
	B)	Reading nutrition chart specifically for sugar, sodium, trans fat, calorie content on food label							
	C)	Serving size							
	D)	Allergens information							
	E)	A, B, C, D							
5.	Which of these is a healthy habit to prevent obesity?								
	A)	Skipping meals	B)	Eating balanced food	C)	Consuming sugary cold drinks often	D)	sitting all day	

6.	How often should you clean your refrigerator to ensure food safety?							
	A)	Every six months	B)	Once a year	C)	Once a month	D)	Once a fortnight
7.	Which ingredient on a food label indicates the presence of added sugar?							
	A)	Sodium Chloride	B)	Ascorbic acid	C)	High fructose corn syrup	D)	Beta carotene
8.	Milk is fortified with which two vitamins?							
	A)	Vitamin A D	C)	Vitamin B6 B12	B)	Vitamin C E	D)	Vitamin B1 B3
9.	What is mindful eating?							
	A)	Eating as fast as possible	B)	Paying attention to food and hunger clues	C)	Eating while watching TV	D)	Ignoring meal timings
10.	What is the meaning of the + F symbol in the food label?							
	A)	Foreign food	B)	Nutrients are fortified (added)	C)	Doctor recommended	D)	A, B, C



Answers : 1. D 2. B 3. A 4. B 5. B 6. D 7. C 8. A 9. B 10. B



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